



LIGHTHOUSE

VOL I NO. 13

SEPTEMBER 2006



**VYAKTI VIKAS KENDRA
INFORMATION CENTRE**

13, Venkataswamy Road
East, R.S.Puram,
Coimbatore - 641 002.

WEBSITE
www.aolcbe.org

FEEDBACK
aolcbe@gmail.com

SEVA TEAM

Mani Gopalakrishnan
Durgaprasad
Thilagarajan
Suryanarayanan.K

Ganesh Pandal in Pune



**PLEASED TO INFORM
THE HAPPY NEWS
THAT POOJYA
GURUDEV IS VISITING
POLLACHI ON 3RD
DECEMBER AND
COIMBATORE ON 4TH
DECEMBER 2006**

FOR DETAILS VISIT.
www.aolcbe.org

Dear Readers,
Jaigurudev. Wishing you a Happy Navarathri.

With the Divine Blessings of Poojya Gurudev our E-News Letter "LIGHTHOUSE" will enter its 2nd year on 1st October, 2006.. It has been an eventful year and the celebration will still continue. Your encouragement and support had made it possible for us to share Gurudev's precious knowledge through the digital medium. Although our reach has been insignificant in relation to the significant growth of the Art of Living Foundation., we are confident that by Gurudev's grace our seva will take rapid strides in the future.

To mark the 1st Anniversary of 'LIGHTHOUSE' our next issue will be an "IT" special issue. (Needless to say in AOL terminology IT stands for Inner Transformation). Art of Living is the story of millions of miracles that have happened to individuals world wide.

Now it is time to speak out, loud and clear. Please send us your story, the tremendous transformation that you have gone through after coming to AOL family. If possible send your snap along with the article. Selected stories will be published in LIGHTHOUSE as well as our website www.aolcbe.org

We are grateful for all the encouragement and support and looking forward the same to continue in the future. Jaigurudev

For Web Seva Team Coimbatore.

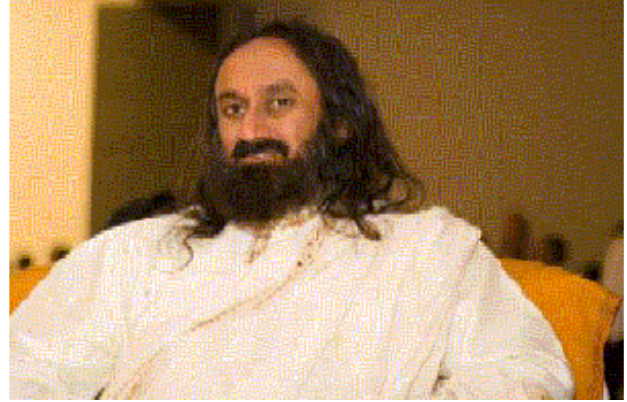
Mani Gopalakrishnan, Durga Prasad, Thilagarajan & Suryanarayanan.K.

Life diminishes if it is not kindled, not shared.



REPORTING TO THE MASTER... On the 7 Layers of Existence
mukulbhatia@yahoo.com

Does the **body** hold me or I hold the body.
 This question I went around asking everybody
 I thought I'd get the answer from somebody.
 But how does it matter, I am nobody.
 My **breath** I remember, so weak and frail
 Almost like a train gone out of rail.
 Now dives into me holding a pail.
 To fetch the nectar of love without fail
 My dear **mind**, a useless brain.
 Running around in search in vain
 Drove me crazy gave me pain
 I call it now a character insane
 Your style O Master is so superb.
 You do the things so unperturbed
 As though plucking some garden herb.
 And bringing my **intellect** to a restful curb
 You had the key I had the lock.
 All you did was clear the block
 Poor **memory** ran out of stock .
 Its companions in crime are still in shock
 My shameless **ego**, You churned like curd.
 I find it all now so absurd
 My vision yesterday was fairly blurred.
 With Your grace today, I'm a free bird
 In thy name I lost my senses.
 In thy fame I lost the tenses
 To see you now I need no lenses.
 For gone are all the good old fences
 In my ear whispered an elf .
 You are no book lying on the shelf
 Make an effort to know yourself .
 I told him I know, I am the **SELF!**



SPECIAL ANNOUNCEMENT

ADVANCE MEDITATION COURSE (Part 2 course) in Tamil in the Divine Presence of Poojya Gurudev at the Bangalore Ashram Date: 4th Oct (Wed) to 8th Oct (Sun) 2006. Visit www.aolcbe.org for details.

HELP DESK FOR SOUTHERN STATES AT THE BANGALORE ASHRAM

Following have been nominated at the Bangalore Ashram to handle State-specific queries for all courses at the Ashram and even general information. Names and Phone Nos are given.

Andhra Pradesh -Ms. Niharika, 99805 62353
Karnataka - Sri. Ravi Kumar 98802 08797
Kerala: Ms. Meera 93412 33114
Tamil Nadu - Sri. Damodaran, 98806 03659

NOW IT IS CANADA'S TURN TO HONOUR POOJYA GURUDEV.

Mayor of the city of Edmonton Stephen Mandel declared September 7, 2006 as 'HH Sri Sri Ravi Shankar Day' while Mayor of Halifax Peter Kelly proclaimed September 10, 2006 as 'HH Sri Sri Ravi Shankar Day'. In the city of Calgary, Gurudev was made an Honorary Citizen and awarded the Centennial 2006 Medallion by the Legislative Assembly (the provincial government). He was also conferred the 2006 International Peace Award by For the Love of Children Society of Alberta. Lauding Gurudev's contributions, Senator Grant Mitchell said the Art of Living Foundation has been helping the Canadian aboriginal community to combat the problems of alcoholism and suicide. Earlier this month, Gurudev was also conferred the honorary citizenship of the city of Baltimore, USA, in recognition of his contribution to the city and global peace.

**GURUDEV ON KNOWLEDGE**

(Transcript of a Speech by Gurudev at Pacific Palisades, California Dec 1990)

Every knowledge scientific or artistic, knowledge leaves you at a place of awe, amazement, wonder, don't know. You ask a poet who writes a beautiful poetry, how did you write this? I don't know. A Scientist, he doesn't know. Oh I don't know how it came up! That I don't know level of consciousness is innocence is beautiful. Hmm. Some of you had the problem, Oh! My mind goes round all the time. Because you want to know all the time, Just remain I don't know quiet, the journey begins from head to heart. Knowing is not the realm of the heart, being is the realm of heart. Hmm. Knowledge is like a detergent agent, detergent soap. Hmm. You put it on the cloth, but you wash the soap also away. You don't keep the soap, say Oh its wonderful detergent soap, and let it remain on my body. Hmm. All our struggle is to know more, know more. Understand- you are trying your level best to understand your emotions, your feelings, what is happening with you and you get into more and more and more confusion. This is what has happened with psychology today. Try to explain you why you feel like that- the way you are feeling. And the why question arises always when you are unhappy. You say, why this problem to me on earth of all the people? Nobody ever asks why I am so happy? Why there is so much joy and beauty in the world. When a problem comes, why this problem to me? Why me? The why is associated with this? So you want to understand why, why. Why am I feeling not good? Why this is happening? Why I am angry? And then more you try to understand and try and dig into it, you seem to understand it less and less. The mystery deepens. But an illusion comes, as though, oh I know it. But that is for a short while. Hmm. And we ourselves do not know what it is and we try to explain to others. For God's sake, stop your explanations. Your explanations have put you into a soup and make other people also more confused. You yourself have not understood what is happening in your mind- roller coaster! It's a crowd! Something comes up sometime; some other thing comes up some other time, some other thing comes up sometime. And then you say something, you commit something and then later on guilt comes and other things come. So many! It's a whole series; the train moves behind that. Simple and innocent, I don't know. That is how it is; this life is mystery, beautiful. Live it, live the mystery so totally. Living the mystery is joy. Hmm. Become the mystery that is Divine. You are a mystery. Hmm, don't you think so?

There is a story. What is the story? There was a saint, a wonderful person, a man and a youth was watching him everyday. And he had doubts and he went and asked the saint, Now come on tell me something, I want to ask you personally, private not in the crowd. Saint said, alright come, ask. He says, alright I have a doubt, now tell me I won't tell anybody; don't you ever get any bad thoughts in your head, in your mind at all? Don't you think about lust, don't you think about this, don't you think about violence and all this? Saint looked at him and smiled. He says, alright, I will answer this question next Sunday .The boy said, are you sure? He says, Yes yes I'm sure. So he went. The next day he came; the boy again came and the saint just pulled his hand and said, I wanted to tell you something from a long time. You know I see your lifeline is finished. Twenty-four hours is there for you to live. I think you will die tomorrow morning. That boy's face went straight down. He just ran from that place. He went home. He arranged everything, called everybody, said, I'm going to die tomorrow- twenty four hours



Next day everybody got together, everyone is crying, see this boy is going to die. What to do? What to do early morning the saint went for a walk, five 'o clock he went and knocks at the door of this person, this boy. They open, they say yes yes come in, see he is going to die. Please give him blessings. Make his seat reserved in the Heaven. At least forgive him for his sins and everything. And the saint looked at him. He said, you had asked a question. I had told you Sunday. I can tell you now. The boy said, Oh forget about it! I don't want to know. I don't want to hear anything. Now I'm going to die. Saint said you are not going to die. It's a trick I played on you. Boy said, what? He got up and said, is it true? He said Yes. Now tell me this twenty four hours did you think about sex, in this twenty four hours did you worry about what you will do next month, this twenty four hours did you think about any violence, anything you think is not good? Boy said, No, all that I was concerned of is that I'm going to die. How best I can utilize this period in my life? There was no bad thoughts occurring in my mind. Saint said, One day or one month or ten years or fifty years; it doesn't make any difference. That is the state, the state which blossoms out of understanding. Then automatically that which is not essential will fall off from life.

See when you do a thing; whatever- may be you're eating a salad. When you're eating salad have you ever imagined you have done this all life being a cow? Just eating the leaf. You can feel how it feels being an animal; just go on eating the salad and munch it with full meditation. One whole lifetime you have done that, nothing other than grazing. When you yawn, you yawn, just if you meditatively yawn, just observe. You know you have done that being a lion, all throughout the life. A lion yawns and yawns, does nothing but yawns. There is a proverb in Sanskrit you know the laziness in lion is the safety of the forest. Lion is very lazy. It eats, it hunts one day, eats something and lies down for couple of days. Just yawning and sleeping. Otherwise it would destroy all the animals in the forest. It is so lazy- lion. So yawning you can remember Oh this is how I have been yawning all my life being a lion. Haan. Snake- the most poisonous thing but its most afraid, fear, It's afraid of everything, everybody- even if a fly moves around it is afraid. There is a couplet in Sanskrit, which says, Fear like in snakes and difference among the intelligent people is the safety in the world. All intelligent people; if they don't have any differences there is no progress. We have done these things. Like frog, you know frog, what it does? Waits, Isn't it? Just waits all day. It doesn't go for hunting, it sticks its tongue out and waits for the fly to come and sit. So when you are waiting for something to happen to you, remember you have done this all being a frog. You're waiting, waiting- Oh, lottery will come or something will happen to me. An angelic girl will come or boy will come; I'll find a relationship. I'll get a job, I'll do this, I'll do that. Something, waiting in our mind Ok something is going to happen. Understanding is seeing all these things I have gone through many times. Is it not true? It's a fact. Waiting, waiting, whether you wait for a girlfriend or for enlightenment to happen, it is the same. You're waiting, waiting. Knowledge haan knowledge, awareness of all this, understanding of all this phenomenon rolling in life. Curiosity of monkey- monkey very curious! Have you seen a monkey? Keep anything- if you keep a guitar it will come and it will jump on it and see. A flower, a garland is given to a monkey, it will pull it out part by part and see what it is. Curiosity of a monkey. We are bundle of all these put together inside you know. Sort them all out. When you sort them out, you'll find yourself hollow and empty. That is the peace of God.

**QUIZ TIME**

How much do we know about the Six Principles of Life that we learnt in our Part I Course.

1. Stop _____ yourselves or others.
2. Honour _____.
3. Whatever you share will _____ and whatever you keep to yourself will _____
4. What is _____ will always be _____ and what is not _____ will never be _____.
5. Be _____ in whatever you do.
6. More important than the object of the _____ are the _____. More important than the _____ is the mind which controls the _____. More important than the mind is the _____ which directs the mind and beyond the _____ the most important is the Self. So instead of concentrating on the objects of the senses, if we attend to the Self, the object will automatically flow towards us. That is “the gravity of things.”

A few questions on Indian Epics.

1. Raja Parikshit Son of Abhimanyu met his end when a snake bit him. Name the snake?
(1. Kalia 2. Thakshaka 3. Adisesha)
2. Srimad Bhagvatham was recited to Veda Vyasa by - (1..Suka Maharishi
2. Raja Parikshit 3. Narad Muni.)
3. Whose Bow was called “Gandeeva” ? (1. Arjuna 2. Krishna 3. Rama)
4. The Ashtavakra Gita was recited by Ashtavakra to : (1.Janaka 2.Dasaratha 3.Krishna)
5. Which Sage bought Ganga down from heaven? (1. Vyas 2. Bhagirathi 3. .Narada)

Answers in the October issue of “LIGHTHOUSE”**PART 1 COURSE SCHEDULE: COIMBATORE**

DATES	VENUE	ADDRESS	CONTACT	TIME
26/09 to 01/10 Intro Talk 25/09	KDO BHAVAN	K.D.O. BHAVAN 4 TH CROSS BHARATHI PARK, SAIBABA COLONY, COIMBATORE	2452770 94435- 66374	06:00 TO 08:30 AM 06:00 PM TO 08:30 PM
26/09 to 01/10 Intro Talk 25/09 (English Medium)	VIDHYANIKETAN SCHOOL.	PULIYAKULAM ROAD, OPPOSITE TO KIDNEY CENTRE, PULIYAKULAM.	6563504 9994394505	06:00 PM TO 08:30 PM

ART EXCEL COURSE SCHEDULE: COIMBATORE

DATES	VENUE	ADDRESS	CONTACT	TIME
24/9 TO 27/9	KDO BHAVAN	K.D.O. BHAVAN 4 TH CROSS BHARATHI PARK, SAIBABA COLONY	2452770 94435-66374	09:30 AM TO 03:30 PM
28/9 TO 01/10	N.G.R.HIGH SCHOOL	OPP. TO PEELAMEDU TELEPHONE EXCHANGE, KAMARAJAR ROAD, SINGANALLUR	2452770 9443566374	09:30 AM TO 03:30 PM
29/09 to 02/10 (English Medium)	VIDHYANIKETAN SCHOOL.	PULIYAKULAM ROAD, OPPOSITE TO KIDNEY CENTRE, PULIYAKULAM.	6563504 9994394505	09:30 AM TO 03:30 PM

**HERE IS A VERY GOOD SEVA OPPERTUNITY FOR STUDENTS.**

We are students at IIT Bombay , India. We are preparing a Presentation which will be given to a group of Faculty Members at IITB. The purpose is to show that Art of Living Courses are helpful for students in studies as well as other aspects of life. The course helps bring complete personality out of students.

We would like to get inputs from the students communities so that we can add their experiences in the PPT. Please let us know in few lines what benefits you have got (academics important!!). Considering that some of you might be a little busy, let me tell that even 5-6 lines (and full contact address) is sufficient.

For example: An experience

"I did this course in Summer of 2005 and have observed considerable improvements in my concentration. Eventually that has shown up in my grades in last two semesters. Not only that, I was an introvert before doing the course and now I have started reaching out to people. I have left some bad habits, like watching porn and spending excess time on net. I am more confident in talking to people and I think this course is wonderful for young students who get mislead and loose interest in studies.

Alok Singh, Student 4th year (BTech + MTech), IIT Bombay, India"

Also, if AOL courses are happening in your University, please do mention it.

Please let your friends from other universities know about this (you can forward them this mail.). We would be delighted to hear more responses. Also, please forward this to as many AOL Yahoo Groups of Universities in US as possible.

We want to start AOL courses in IITB and for this we need to convince the Faculty that this course has benefited so many students who are actually doing good academically or have seen considerable improvements in their academics. Sharing your experience and emphasizing articulately the benefits of the course can make this happen. Go ahead, send your experience at aloksingh@iitb.ac.in, iitbaol@yahoo.co.in

Sri. Alok Singh Room A 717, Hostel 13 Indian Institute of Technology Bombay Powai Mumbai - 400 076 India Cell: 09819307147	Sri. Sandeep Karande Room 128, Hostel 4 Indian Institute of Technology Bombay Powai, Mumbai - 400 076 India Cell: 09820689331
---	--

Wishing you all a Happy Navarathri *Bathe your body with water; purify your soul with Pranayam, Sudarshan Kriya, and meditation. Immerse yourself in Satsangs and get soaked in Gurudev's Knowledge.*

Please connect to these links for some wonderful postings in our Web.

<http://www.aolcbe.org/repo/kkpt2.htm>

http://www.aolcbe.org/repo/mongolia_sr.htm

<http://www.aolcbe.org/pb.htm>

Correct answers for the August 06 Quiz on ABC of Mahabharatha

Arjuna-Balarama -Chakra-vyuha – Drupada –Ekalavya- First-Gadorkatcha – Hastinapura-Indra –Jayadratha-Kurukshetra-Last-Mathura- Nakula-Once- Parasurama-Queen Radheyen-Sikandi-Trinavriitha-Ugrasena-Vidura-Wax-Yasoda-Zero.

**Responsibility is the dynamic expression of life in the present moment.
Poojya Gurudev.**